

CLUES TO HARMONY.



HERE ARE some simple clues on how to maintain good interpersonal relationships:

1

1. Speak less, listen more. A Greek philosopher once said that you were given two ears and one mouth so that you can listen twice as much as you speak.

2

2. Remember to always maintain a calm manner. The way in which you say something may be more significant than what you actually say. Actions speak louder than words.

3

3. Keep an open mind. Practise disagreeing without being disagreeable. Seek mutual understanding.

4

4. Avoid showing off. Let people learn from your behaviour. Your successes will speak much more loudly than your words.

5

5. Avoid promises you cannot keep. Share insights with others in a non-judgemental manner.

6

6. Avoid gossip and spreading rumours as well as people who gossip. Try to live your life in a way that anything negative said about you will not readily be believed.

7

7. Be considerate and sensitive to the limitations of others, (especially spouses and children). Understand that we all have anxieties about life and your sensitivity could be the key to another's peace of mind.

8

8. Appreciate others as real human beings with feelings and needs for self esteem and recognition. Believe that each person has just as much right to be walking this earth as you do.

9

9. Show interest in others. They have thoughts, circumstances, families and a future. Make it your business to find out what makes them tick.

10

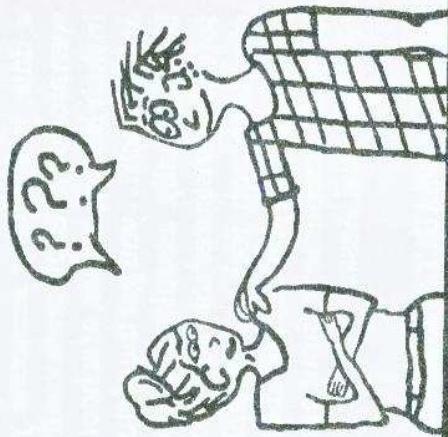
10. Remember that it takes 72 muscles to frown and only 14 to smile, so look on the bright side of everything. See life's difficulties as challenges and not as problems or obstacles.

All that is needed to put these into practise is a willingness to try something different and to change the course of your life.

Illustrations: CARLENE DE BOURG



Date Rape?



**OR HEALTHY
CHOICES . . .**

**WHAT CAN
YOUNG WOMEN
DO?**

DATE RAPE DANGER SIGNALS LOOK OUT FOR THESE GUYS!

Pay attention to controlling behaviour that doesn't seem or feel right like:

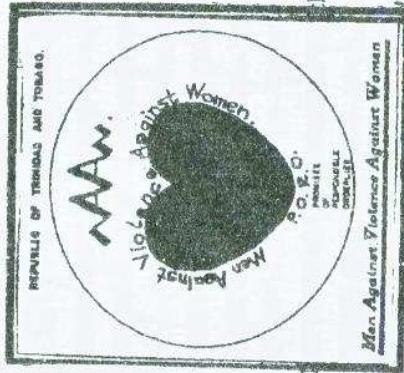
- guys who don't listen to you, ignore you or talk over you, criticize what you wear, etc. These guys have no respect for women.
- guys who sit or stand too close to you, make you feel uncomfortable and enjoy making you feel this way.
- guys who power stare, like when a guy is looking right through you or down at you.
- guys who do only what they want or push or grab you to get what they want.
- guys who express anger and violence towards women either through words (e.g. You _____ I'm going to kill you) or by pushing, shoving or biting.
- guys with a bad attitude toward women (e.g. women are meant to be seen and not heard. A woman's place is in the kitchen so that she can serve a man).
- guys who are overly jealous or possessive, this is not a compliment, these guys can be very controlling.
- guys who drink or use drugs heavily.
- guys with a reputation for scoring. They are likely to pressure you for sex when you go out with them.

COMMUNITY SUPPORT FOR
ENDING DATING VIOLENCE

Avalon Sexual Assault Centre
Halifax, 425-0122

Chrysalis House

Kentville, 1-800-264-8682



Second Story Women's Centre
Bridgewater, 543-1315

Kentville, 679-1411

People in Healthy Relationships:

- spend time together and time apart
- trust each other
- respect their mutual feelings
- talk openly about sexual needs and desires
- are sensitive to each others feelings
- are friends
- have common interests
- communicate their feelings honestly and openly

From "Lindsay's Story" by the
Mississauga Hospital Sexual Assault Team
Permission to reprint freely for classroom use.

DATE RAPE

You can't always avoid date rape and unfortunately there's no perfect way to protect yourself, however there are things you can do to lessen your chances of being sexually assaulted.

REMEMBER

85% of all sexual assaults of teenagers occur between people who know each other (e.g. a date, a friend or someone you've just seen around). People are sexually assaulted in their homes, in cars, at school, at parties, at the beach... you get the picture. You've been sexually assaulted if you've been forced or pressured into going further sexually than you feel comfortable with. In other words, if you've been kissed, touched or had intercourse without agreeing to it, that is Sexual Assault.

SEXUAL ASSAULT IS AGAINST THE LAW

It is always the guy's responsibility to control his behaviour and accept your sexual limits. It is the girl's responsibility to communicate these limits.

WHAT WOMEN CAN DO

Look at your feelings about sex and set sexual limits. You may have different limits at different times with different people but you should know what you do or don't want before you're parked at the drive-in with your date.

Make sure you are clear when something is happening that you don't like. If necessary use powerful and firm voice that says "STOP THIS-I'M NOT ENJOYING IT!" If you don't let him know what you do or don't like or that you want him to stop, he might think this silence means you want to go further.

TRUST YOUR FEELINGS. If you feel you are being pressured into unwanted sex - YOU'RE RIGHT! you are feeling uncomfortable at a party or wherever - LEAVE. Pay attention to changes in your feelings. A situation may feel okay at first and then change - LEAVE if this happens.

Tell the other person those limits. Yes should always mean yes and no should always mean no. Saying yes to necking does not mean you've said yes to intercourse. Let him clearly know how far you want to go and that you won't go any further. This has to be talked about because body language is too confusing and ESP doesn't work.

Be independent and aware on a date. Have opinions about where to go and what to do, so your date knows you're not a pushover. At first, you may want to meet in a public place or go on a double date. You may want to pay your own way, so you don't have to feel you owe him. Always have your own transportation home or enough money for taxi fare or at least a quarter to call a friend / parent for a ride.

Also be aware that drugs and alcohol often go hand in hand with date rape because they lessen your ability (and that of your date) to make responsible decisions.

Hang around with people who share your values. They are less likely to pressure you to do something you don't really want to do.

Beware of guys who use come-on lines like these to get you into bed:

PRESSURING FOR SEX - "you loved me you would ""You're not the only girl I could date""
TRYING TO MAKE YOU FEEL BAD OR GUILTY - "Don't you like me?" "Are you weird or something?"
BLACKMAIL - "I'll kill myself if you break up with me" "I'll tell everyone you did anyway"
THINKS SEX IS HIS RIGHT NO MATTER WHAT - "You turned me on, now you have to do it"
"We've had sex before so you can't say no now"
DOESN'T TAKE NO FOR AN ANSWER - "You can't say no because I spent all that money on you"
"You really want it. You're just saying no to protect your reputation girls are supposed to do that"

Dealing with Conflict

DNB 6/8/98

Conflict is normal in relationships.

Because each person is unique, whenever two or more persons live together, differences of perception, interpretation of events and opinion will be inevitable.

There are four main ways to deal with conflict.

1. Flight:

Running away from any sign of disagreement; refusing to acknowledge or talk about differences.

This is appropriate when the time and/or place is not right for dealing with a particular problem. It is particularly appropriate when safety is at stake.

It is not appropriate as a general style of dealing with conflict because it prevents settling of difficulties and results in a build-up of bad feelings, as disagreement piles on top of disagreement.

2. Diversion:

Delaying discussion by deflecting attention away from the problem by changing the subject, criticizing, keeping issues unclear or unacknowledged.

This too is appropriate if safety is at stake. It is also appropriate if one needs time to think or the time and/or place is not right for dealing with the problem.

It is not appropriate if used all the time to avoid dealing with problems.

3. Fighting:

Imposing one's will on another person in whatever way it takes to do that; usually by using verbal abuse or physical violence.

Fighting is usually a reaction to feeling threatened. It is never an appropriate way to resolve a conflict. People get hurt. Victories are hollow and unless the opponent has no will at all, short-lived. The conflicts do not get settled. They just go underground and smoulder.

4. Constructive conflict resolution:

Resolving conflicts with actions that are mutually satisfying

Constructive conflict resolution allows problems to be dealt with directly and positively instead of being avoided or covered over. It requires the ability and willingness to figure out the real source of the conflict; initiate constructive action and communicate in positive ways until the problem is solved.

07/89



Off - 623-922
Fax - 623-0991

Hot Lines
668-5133

Mr. Donald Berment
Management Co-ordinator
Men Against Violence Against Women
45 River Estate Cir.
River Estate
Diego Martin
Ph : 637-0924.



ODB
6/8/98

Constructive Conflict Resolution

Constructive conflict resolution will only work if both persons genuinely want to resolve the conflict. If one or both persons are only interested in winning or maintaining control, then it won't work.

Step 1: Figure out the real source of the conflict

Is the disagreement about fact, perception or opinion? If it is about fact, check it out with some reliable source. If it is about different perceptions, be aware that everyone has a unique way of perceiving the world. If it is a difference of opinion, know that people's opinions are based on their values and the real source of conflict may be grounded in a difference in values.

Step 2: Decide whether this is the right time to deal with the conflict

If one or both persons is too upset or if it is not the right place or there is not enough time to work through to a solution, postpone dealing with it. But do not postpone indefinitely. Agree on a time to deal with the problem and deal with it then.

Step 3: Search for agreement together

a. Listen to each other.

When the other person is speaking, give your whole attention to what s/he is saying, both the actual words and the feelings behinds the words. Do not think about your own feelings or what you are going to say next, while the other person is speaking. If this is difficult to do, make a rule that each person must say what s/he believes the other person is saying and feeling and have it checked out for accuracy before expressing his/her own self.

b. Check what you think you heard.

There is a saying that describes how complicated communication is:

I know that you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant.

Always be sure you are understanding the other person. Do not assume you do. It is best to check out your assumptions before proceeding. Many disagreements are based on wrong assumptions.

c. Stay on the issue.

Avoid the pitfalls of bringing up past issues, mind reading and name calling.

d. Consider many alternative solutions and choose one together to try. If it does not work, choose and try another until both of you are satisfied.

Remember:

A good relationship is not one without conflict. It is one in which the participants can resolve conflicts so that no one is hurt or oppressed; so that everybody wins.

The Anger Iceberg
Try this anger awareness exercise and see if it helps you understand this complicated emotion.

Try this anger awareness exercise and see if it helps you understand this complicated emotion.

Anger Triggers

It's important to notice the signals our body gives us when we start to feel angry. If we can catch these signals we have a much better chance of gaining control of our anger before we hurt ourselves or someone else.

What are your anger triggers?

Suggestion

1. Draw an iceberg on a piece of paper like the example below. Label the tip: "anger."
 2. Think about a situation in which you felt angry.
 3. Write what you did with your anger in the space above the water line.
 4. See the "Taking Action" section on the other side of this sheet. What behaviour choices did you make to deal with your anger? What happened as a result?
 5. Since anger is a secondary emotion, what were the underlying feeling(s)? Write them beneath the tip.
 6. Was the problem solved OK? Do you still need to tell the people involved how you felt?
 7. Evaluate your choices. What might have happened if you had chosen an assertive response to deal with your anger?

2. Think about a situation in which you felt angry.

3. Write what you did with your anger in the space above the water line.

4. See the "Taking Action" section on the other side of this sheet. What behaviour choices did you make to deal with your anger? What happened as a result?

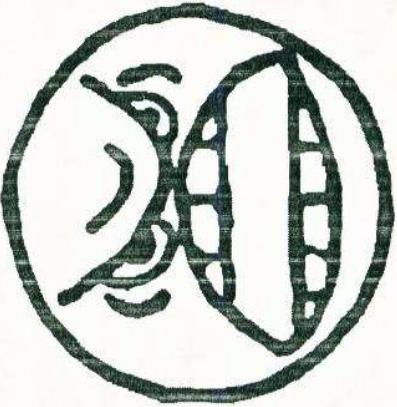
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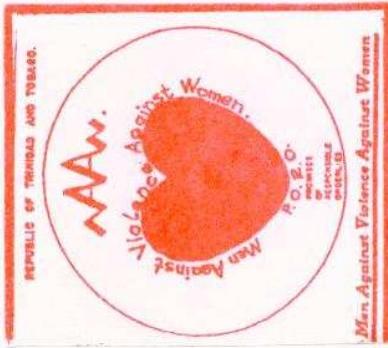
You still need to tell the people involved how you felt?

7. Evaluate your choices. What might have happened if you had chosen an assertive response to deal with your anger? 

How to deal with



Answer



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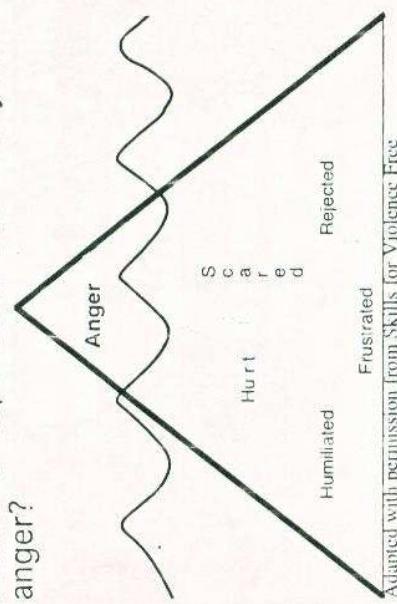
637-0924
668-5133

Example: Jim tells a racist or sexist joke.

Option 1: "What an idiot, go get a life!"
Option 2: "I feel offended when I hear sexist jokes and I don't want to hear anymore."

Which response is constructive?
How could this work for other situations: sexual harassment, bullying, etc.?

Relationships by Barrie Levy. Copy Freely



Taking Action

What To Do When You Are Angry

THREE Behaviour Choices

1. AGGRESSIVE: Anger is expressed either physically, emotionally or psychologically. The result is that someone else is hurt.

Behaviour choices: Hitting, kicking, harassment, using put-downs, threats, murder
Message to myself: My anger is not OK so I am going to take it out on someone else. I will blame them for my anger because I am uncomfortable with my own feelings.

2. PASSIVE AGGRESSIVE: Anger is repressed by internalizing and denying.

Behaviour choices: Cold shoulder, revenge, nasty rumours, depression. (Depression is defined as anger turned inwards.) Bottled up, it can eventually blow up.
Message to myself: My anger is not OK so I will deny it. I am afraid of my feelings.

3. ASSERTIVE: A. Anger is expressed directly in non-threatening ways that do not hurt a.) yourself, b.) another person or c.) someone's property.
B. Anger is suppressed (Not repressed). Acknowledge the feeling and decide to deal with the situation at a more appropriate time in the near future (e.g., after school).

Behaviour choices: Make "I" statements that clearly express your feelings/ what you need from the other person: time out, private yelling, journal writing, physical activity.
Message to self: My anger is OK and my feelings are an important part of who I am.

Anger: The Second Emotion

Anger is actually a secondary emotion. The real challenge is to get in touch with the primary emotion(s) that are at the heart of the matter (i.e., under the tip of the anger iceberg). Only then can the problem be dealt with in healthy and assertive ways.

Remember:

Nobody "makes" you angry. In any situation you have the **power to choose** and the ability to get in touch with your own feelings and to deal with them without hurting anyone. There is no such thing as bad anger or good anger. There are only choices as to how you deal with anger. You can either reject and harm others or accept and respect others and yourself.

1. Recognize angry feelings:
• How does my body feel?
• What are my internal triggers?
External triggers?

2. Calm down:
• Take three deep breaths
• Count backwards slowly
• Get out of the situation
• Talk to yourself positively

3. Think about the consequences before you make a choice. Am I being:
• Aggressive?
• Passive Aggressive?
• Assertive?
- expressing feelings directly
- suppressing them for now
• Is it safe? Is it fair?

4. Identify your deeper feelings and decide if you want to act to solve the problem or not:
• Use an anger iceberg
• Talk it out
• Use "I" statements

5. Think about it later:
• What worked?
• What didn't work?
• What could I do differently?
• Did I do a good job?

**HOW WOULD YOU DESCRIBE YOUR RELATIONSHIP, TOXIC OR HEALTHY?
TOXIC INTIMACY VS. HEALTHY INTIMACY**

TOXIC INTIMACY

Obsession with finding "someone to love"

Need for immediate gratification

Pressuring partner for sex or commitment

Imbalance of power

Power play for control

No-talk rule especially if things are not working out

Manipulation

Lack of trust

Attempts to change partner to meet one's needs

Relationship is based on delusion and avoidance of the unpleasant

Relationship is always the same

Expectation that one partner will fix and rescuer the other

Fusion (being obsessed with each other's problems and feelings)

Passion confused with fear

Blaming self or partner for problems

Cycle of pain and despair

HEALTHY INTIMACY

Development of self as first priority

Desire long term contentment; relationship develops step by step

Freedom of choice

Balance and mutuality in the relationship

Compromise, negotiation, or taking turns at leading

Sharing wants, feelings, and appreciation of what your partner means to you

Directness

Appropriate trust (that is, knowing that your partner will likely behave according to his/her fundamental nature)

Embracing of each other's individuality

Relationship deals with all aspects of reality

Relationship is always changing

Self-care by both partners

Loving detachment (healthy concern about partner's well-being and growth while letting go)

Sex grows out of friendship and caring

Problem solving together

Cycle of comfort and contentment

(A compilation by Jody Hayes, Smart Love, Jeremy Tarcher, Inc., 1989 and based on information supplied by Chicago therapist Terence Gorski)



DOB Tue 3/12/96

SIGNS OF DOMESTIC VIOLENCE

PHYSICAL ABUSE

Threatens to hurt or kill you or your family
Pushes or shoves
Holds you to keep you from leaving
Kicks or chokes
Hits, slaps or punches
Throws objects at you
Locks you out of the house
Abandons you in dangerous places
Refuses to help you when you are sick or injured
Subjects you to reckless driving
Rapes or coerces you sexually
Threatens to hurt you with a weapon
Abuses your pets
Breaks furniture, belongings or personal effects

SEXUAL ABUSE

Harasses you about imagined affairs
Is jealous and assumes you will have sex with any available person
Insists on unwanted or uncomfortable touching
Withholds sex and affection
Forces you to undress when you don't want to
Publicly shows sexual interest in other people
Has affairs after agreeing to a monogamous relationship
Forces particular unwanted sexual acts
Forces sex when you are sick or when it is a danger to your health
Forces sex for the purpose of hurting you with objects or weapons
Commits sadistic sexual acts
Tells you about affairs
Rapes you or coerces you sexually

EMOTIONAL ABUSE

Ignores your feelings
Ridicules or insults your most valued beliefs, your religion, race, heritage or class
Continually criticizes you, calls you names, shouts at you
Humiliates you
Regularly threatens to leave you or tells you to leave
Punishes you or deprives the children when angry at you

EMOTIONAL ABUSE(Continued)

Threatens to kidnap the children if you leave
Manipulates with lies and contradictions
Keeps you on an emotional roller coaster
Continually finds fault with what you do and how you do it
Tells you you're stupid, incapable or inadequate
Tells the children what a bad parent you are
Tells you you're too fat or thin
Disallowss any success and good feelings

SOCIAL ISOLATION

Doesn't allow contact with your family
Doesn't allow you to have your own friends
If allowed friends, punishes you for having them, calls them names, questions, accuses or picks at you until you stop the relationship
"Mutual" friends are abusers/victims or chemically dependent
Keeps you prisoner in your own home
You live on the abuser's time clock; you're where the abuser wants when the abuser wants you there
Refuses to socialize with you or take you anywhere
Denies you access to the car

FINANCIAL DEPENDENCY

Keeps you and the family in debt
Keeps you from working
If you're employed, causes trouble at work; tries to get you fired
Keeps you underemployed or working at a job you dislike
Controls money or resources; everything is in the abuser's name
Refuses to work or share money
Makes you ask for money

9

COMPARE YOUR EXPERIENCE WITH THIS LIST OF ABUSIVE BEHAVIOR. IF THESE STRATEGIES ARE PART OF YOUR LIFE, YOU ARE A VICTIM OF DOMESTIC VIOLENCE.

Call (800) - SAVE, (800) 7283 - The Domestic Violence Hotline for further information, if you need help.

Taking Action

IF YOU WITNESS A FRIEND BEING ABUSED, OR
IF A FRIEND TELLS YOU THAT THEY ARE BEING
ABUSED IN A RELATIONSHIP ...

- ◆ listen calmly and take the concern seriously
- ◆ reassure your friend that nobody deserves to be abused
- ◆ support your friend in looking at the risks of more abuse
- ◆ suggest talking to a trusted adult such as a teacher, guidance counsellor or call one of the agencies listed on this pamphlet
- ◆ realize the situation will not change overnight

A FRIEND TELLS YOU THAT THEY ARE ABUSING THEIR PARTNER ...

- ◆ support them for recognizing the problem
- ◆ suggest talking to a trusted adult such as a teacher, guidance counsellor or call one of the agencies listed on this pamphlet

IF YOU WITNESS A FRIEND ACTING IN AN ABUSIVE MANNER (VERBAL OR PHYSICAL) TOWARDS THEIR PARTNER ...

- ◆ tell your friend that nobody deserves to be abused
- ◆ help your friends in looking at the risks of more abuse

Give this pamphlet to a friend

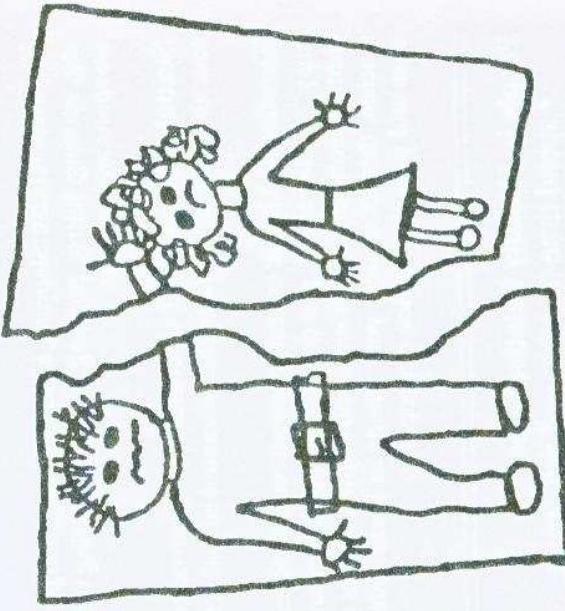
IN THE AREA OF PREVENTION ...
STUDENTS CAN ...

- ◆ watch for danger signs when dating like guys who try to control you (eg. what you wear), embarrass you in front of friends or are jealous for no good reason.
- ◆ encourage friends to share ideas and concerns to end the silence.
- ◆ promote healthy ways to deal with anger and resolve conflict.
- ◆ be aware of jokes, movies, T.V. programs, advertising and rock videos that are demeaning to women and may promote violence against women.

Violence

IN RELATIONSHIPS

STUDENTS CAN MAKE A DIFFERENCE



800-7283

625-2437

627-0733

National Domestic Violence Hotline
Aids Hotline
Alcohol & Drug Abuse
Deaf School: (Port of Spain)
(San Fernando)

624-3661
658-5479

623-4764

628-2333

622-1424

Families in Action
Destitute & Terminally Ill (Hospice)
Fire
Hospital:

990
623-7715
652-3581
639-2551

652-4504

652-0454

625-6464

999

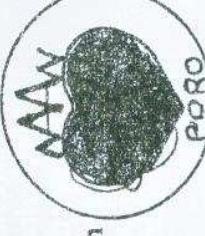
623-8248

Rape Crisis Centre (Port of Spain)
(San Fernando)
(St. Ann's Hospital)

Mr. Donald Berment
Management Co-ordinator
Men Against Violence Against Women
45 River Estate Cir.
River Estate
Diego Martin

Recognize, talk, listen, share, support and

"End The Silence"



Ph : 637-0924 .

Violence in Relationships

At least one out of ten women in Canada is battered by her partner.

85% of all sexual assaults of teenagers occur between people who know each other.

At least one in nine high school students report involvement in an abusive relationship.

WHAT IS VIOLENCE IN RELATIONSHIPS?

Violence against women refers to physical or psychological violence by a male towards his partner. You do not have to be married to be a batterer or a victim. You may be in a boyfriend / girlfriend relationship. Being a victim of violence can include one or more of the following:

Physical Abuse: Slapping, kicking, hitting, hair pulling, spitting, biting, pushing, shoving, beating with weapons and murder.

Sexual Abuse: forced or coerced sex, unwanted touching, sexual accusations, unwanted sexual acts.

Emotional Abuse: extreme possessiveness and jealousy, name calling, put downs, manipulation and control, isolation from friends and family, threats of suicide, threats against your life or to harm loved ones and pets, destruction of property

WHY DO MALES USE VIOLENCE AGAINST FEMALES?

Because they...

- have learned this behaviour in their family of origin (75% of batterers have witnessed their father assault their mother).
- try to maintain a tough macho image reinforced by society and the media.
- believe it is an appropriate expression of male power and control.
- have low self esteem and want their partner to remain dependent on them.
- know there are few, if any consequences for violent acts.

WHY DO FEMALES APPEAR TO ACCEPT VIOLENCE IN RELATIONSHIPS?

Because they...

- want their relationships to work and hope their boyfriends will change.
- fear their boyfriend will hurt them or seek revenge.
- feel guilt or shame.
- see no other alternative, unaware help is available.
- believe their boyfriends need them.
- have no social or personal supports.
- a boyfriend who is occasionally violent is better than no boyfriend at all.
- believe that the violence is normal.
- think the violence will go away after they get married or have children.

Facts & Fallacies

Myth: Violence against women affects an isolated segment of the population.
Fact: Violence against women happens across classes, cultural/ethnic groups, in rural and urban environments. There are no exceptions.

Myth: Alcohol causes a man to beat his partner.
Fact: Alcohol is often used as an excuse for the violence, but it is never the cause. Some men beat their partner both when they drink and when they are sober. Also, some men who never drink beat their partner.

Myth: Women provoke the violence and therefore deserve what they get.
Fact: The term "provoke" suggests that there are some behaviours that justify assault. This is not true. Provocation is an excuse the offender uses to avoid responsibility for his own behaviour. There is no excuse for violence against women.

Myth: Women enjoy the abuse and find it sexually stimulating.
Fact: Women do not find pleasure in the abuse. It is not a sexual turn-on. This assumption is demeaning, disrespectful, and is one more way to blame the victim.

People in Healthy Relationships:

- spend time together and time apart,
- trust each other,
- respect their mutual choices and differences
- are sensitive to each others feelings,
- are friends,
- have common interests,
- communicate their feelings honestly and openly.